

Effects of Social Security System on Human Psychology

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Abstract: Social Security, which has social and economic effects in its essence, extending from the past to the present and adding security value to human life with its wide dimensions, has been one of the most important developments in the field of social policy so far. The aim of the study is to determine the dimensions of the effect of the Social Security system on human psychology. With the in-depth interview method, which is a qualitative research method, the results of the interviews with SGK (SSI) experts and psychologists as well as the data obtained by literature research were evaluated. According to the findings, it has been determined that being included in the social security system has a strong and significant positive effect on human psychology. It has also been understood that the development levels of countries and the development of social security rights are inversely proportional. Citizens of underdeveloped and developing countries are greatly affected by this situation. Our country's social security system can be improved at an advanced level.

In conclusion, being included in the social security system includes the power to affect the psychological state of the person positively, along with its effect of improving life in cases where a person will need a regular income and care. Accordingly, it is offered to take stronger and permanent steps in the social security system in order to improve the level of welfare and mental state of our people.

Keywords: Social Security System, Human Psychology, Social Security Practices

JEL Classification: H55

1. Introduction

In a democratic system, human rights precede state law and they are independent. While the protection of human rights provides an environment of tranquility and peace, it also lays the foundations of man's feeling of security. In this context, individuals have been exposed to various difficulties while fighting for their rights for years. Therefore, Social Security rights have been an important part of human rights.

Social Security is a system that protects individuals from the cases that disrupt social peace and welfare in the face of social, natural and vital dangers, independent of people's income. These protection areas can be listed as occupational diseases, incapacity to work, old age, disability, maternity benefits, and death pension benefits. They can be secured by Social Security rights.

In this context, after the introduction, the Conceptual Framework, the concept of Social Security, and as subheadings, the Social Security System and its history in Turkey, international practices, the psychological effects of Social Security and psychological approaches, views on its effects on human psychology and the interviews made regarding the issue are discussed in this study

In society, people's desire to be happy, to enjoy life and to feel good dates back to ancient times. As of the second half of the twentieth century, the foundations of the system were laid through research conducted on these issues. The underlying reason for these scientific studies and research is the concept of happiness, which we can call positive psychology (Şimşek, 2011). In this context, researchers have conducted psychological studies on healthy individuals, and the focal point in these studies has been the phenomenon of values in the lives of individuals. It is emphasized that the factors that make the life of individuals more valuable and meaningful should be examined in detail.

In this study, firstly, the definition, history and psychological dimensions of the Social Security system will be discussed and they will be integrated with Maslow's hierarchy of needs; then, the psychological and physiological effects regarding the issue will be explained; views of expert will be conveyed through interviews and they will be explained with evaluations.

1.1. Conceptual Framework

Social Security *"is a broad concept that includes also the people and risks outside the scope of security as it brings forward social protection. Social protection, on the other hand, includes the dependent part of the universal benefits; there is no condition of oppositeness."* (p.56) It includes social insurance and social assistance programs that cover monetary transfers based on premiums between the employee and the employer. Although the cases it covers are very wide, they can be listed as various positive and negative phenomena such as maternity, old age, illness and incapacity to work. In any case, the sole and main purpose of social security is to enable individuals, institutions

or unions, which are victims or have the risk of being victims, and which are a part of society, to live in safety at the maximum level of welfare (Atılğan, 2016).

The reason for the existence of social security systems is to protect individuals against risks that affect their earnings and working abilities and to try to compensate for the damages of such risks (Süngü, 2007).

When considered in a broad sense, social security can be defined as a set of institutions, criteria, rights and obligations that aim to provide income security and medical assistance to individuals (Ulutürk, Dane, 2009).

2. Development Of Social Security System

Social security is a very old phenomenon that has developed and been systematized in the course of time. Therefore, during the examination of the development of security, its historical process should not be ignored.

While summarizing the historical process, one should not overlook the important points in these phases and to what extent social development has developed and been renewed (Levent, 2013). After the Industrial Revolution, the developments in the Social Security System gained momentum within the framework of the course of social and working life in western societies. Social security measures were taken by Bismarck in Germany in the 1880s with the idea of minimizing occupational accidents and occupational diseases and providing social security for them due to the inadequacy of traditional protection mechanisms against dangers at this phase in industrialized societies. The second major development that is known is the Social Security law enacted by President Roosevelt in the USA in 1935. The third important step in this field was taken in 1942 with the Beveridge system, which aimed at full employment and covering all British citizens at the same time. The point to be considered here is that the social security systems implemented in various countries and related developments are connected with the social and economic development levels of these countries, as well as their management styles and the policies they follow regarding the issue, along with their cultural structures (Tepekule, 2008).

2.1. Concept of Social Security System

Social Security is a very diverse concept. The definition of social security aims to secure both the current state and the future of the people living in a country. The aim is to ensure the security of not only people but also society. In other words, it can be said

that it is a set of systems that aim to enable the individual and society to have sufficient income, to ensure the continuity of this income and to secure the life of the society in the future.

The biggest reason that leads to the development of Social Security is the risk factor. The risks can be listed as follows: physical risks such as illness, accident, death, old age, disability, etc. in the first place; the danger of unemployment in the second place. If expenses increase and incomes decrease over time, imbalance will occur between income and expenditure. Industrialized societies inevitably had to economize in the course of time. Personal precautions were inconclusive and there were institutional inadequacies. Consequently, a number of social assistance funds, private insurance and savings institutions and funds started (İzgi, 2008).

2.2. Development of Social Security System in Turkey

The Ottoman State made quick moves to catch up with the development of industrialization of the Western countries but the expected result could not be reached due to the negative effects of the wars that took place in various regions of its wide geography. In this context, our country started the industrialization process later than western countries due to some social and economic reasons.

The reasons such as the establishment of the social security perception on charity and benevolence, the lack of a strong bond between the employer and the employee, and insufficient social protection measures in the Ottoman period caused the process to start late. The period of 1923–1945 is the period when the first measures were taken to establish the institutional structure in terms of social security. With the Code of Obligations of 1926, the employees were given the right of social security and the employers were held responsible when the employees were exposed to occupational accidents; the employees were regarded to be insured on a premium basis in accordance with the rights arising from having insurance. The Turkish Social Security system improved with the 1930 “Public Health Law”, which protected employees, especially women and child workers, and included necessary health benefits (Alper, 2016).

Turkey’s reindustrialization process coincided with the Republican Period. The formation of the social security system was rather slow and the systematization of social insurance in the modern sense started with the 1936 Labor Code.

It is possible to list this development process in our country as the Ottoman Period, War of Independence period and the Republic Period.

2.2.1. Ottoman Period

The social security system and policies could not develop because the Ottoman State was not ready for industrialization and they could not develop properly even when it did. However, it does not mean that there was no social protection. The formation of a wide variety of social institutions in this period was closely related to the commandments of the religion of Islam and the rules of aid. They include alms, fitrah, zakat, sacrifice of animals, etc. In fact, zakat includes the rules that are very related to today's modern structure and the system of taxation on income. Foundations, on the other hand, are among the greatest examples of economic income serving a specific purpose (Alper, 2016).

In the Ottoman State, social protection was provided by means of charities, timar system, mutual assistance of families and individuals, as well as professional organizations such as the Akhi order and guild organizations.

The dominance of imperial and religious philosophy instead of a systematic social security improved personal security and no problem occurred until the decline period of the Ottoman State. After the decline period, some legal regulations were needed. *"Institutions that were established especially for the danger of old age and that had a great effect on the shaping of the institutional structure of our today's social security system were as follows: Military Pension Fund (1866), Civil Servants Pension Fund (1881), Military and Civil Pension Funds (1909), Hayriye Company Pension Fund (1917). It is noteworthy that the pension funds were established earlier than the first social insurance institution in Germany (1881)."* (Alper, 2016).

2.2.2. War of Independence Period

In our country, just before the establishment of the Republic (1921–1923), two laws were enacted related to Zonguldak and Ereğli mine workers due to the heavy working conditions of the employees. At this point, first steps were taken with the Social Security reform (Levent, 2013).

With the industrialization period, some risks emerged; they led to the need for social security systems. From this point of view, it is seen that the Industrial Revolution had a great effect on the historical development of the social security system.

With the industrial revolution, the social security system entered the path of modernization and underwent significant changes in this field. The fact that social life was seriously affected by the Industrial Revolution brought along the search for new

solutions. Migration from villages to cities, urbanization, increasing labor force and labor supply were considered as opportunities by employers; employers regarded workers as means of production and made them work under heavy conditions and with low wages. *“Competition among workers caused employers to reduce wages, to complicate working conditions, and not to protect employees against dangers and at the same time to replace the employees with new ones in case of any problems experienced by the employees.”* (Yılmaz, 2011).

2.2.3. Republican Period

“Labor Law is a branch of law that is formed by the rules that regulate the issues arising from the legal relations of the employers and the employees with a social understanding. The first big step in this field in our country was taken with the Labor Code 3008 dated 1936.” (Oğuzman)

“This labor law was the first law to regulate labor issues with a broad viewpoint and a social thought in our country. This law improved the state of workers in terms of wages and working hours, and regulated the necessary safety and health measures in the workplace.” (Oğuzman) This Labor Code formed the foundations of the Social Security System for the first time in Turkey (Levent, 2013). The foundations of the system, which we can call the law that protects the employee from the moment he starts working and which is still valid today, date back to 1936. Besides, it was left to the free will of the people. In the Labor Code 3008, the cases of old age, death, illness and leaving the job are clearly stated on the basis of the law, and the social rights reaching the present day were included within the scope of the state’s guarantee (Levent, 2013).

No matter how much the living conditions have improved today, when people’s well-being is considered within the scope of insurance, Social Security seems to be a reform structure outside of private insurance (Levent, 2013).

– The Period After 1945

In this period, preparatory work was carried out for the worker insurance law in 1945–1946, and it was expanded in the following years; it was enacted with the law number 5434 in 1949 with the addition of the laws 4772: occupational accidents and diseases, 5502: maternity, 6900: death, old age, disability insurances. This law gathered the employees under the same roof and ensured that their rights were maintained until retirement. This process, which started in 1945, continued until 1950 by expanding gradually.

The Republic of Turkey was open to innovations and developments in the developing world despite all kinds of problems in the field of social security and the conditions of World War II. The Council of Ministers adopted the Universal Declaration of Human Rights on April 6, 1949. Republic of Turkey became a member of the World Health Organization in 1949. It can be said that Turkey closely examined the developments in the field of social security and health and then approved the ones that were compatible with the conditions of Turkey (Çalışır, 2021).

- 1961 Constitution and Afterwards

Social security was attached importance and it became a constitutional right with the 1961 Constitution in our country. It is one of the important steps taken with the feature of being a social state and the necessity of the state to lead in this field. For example, giving workers the right to form trade unions and establishing the State Planning Organization are among them (Durdu and Çımrın, 2015).

These rights, which are very effective in the institutionalization of Social Insurances, are the most important steps taken by the state in terms of protecting its workers and citizens against all risk factors. In addition, “the Law 1479 called the Social Insurance Institution for Tradesmen and Craftsmen and Other Independent Employees, known as Bağ-Kur for short, which was enacted with the aim of ensuring the social security of tradesmen and craftsmen and other independent workers and was ratified on **September 2, 1971...**” (Güngör) and the law of granting pensions to the needy and orphans enacted in 1976 are very effective and important. It showed that our country was influenced by the programs and developments in various countries of the world and took steps to improve its own social security system. The Social Policies, which were initially established to protect and support the workers, were expanded and the concepts and rights such as retirement, old age, neediness and maternity were taken under the protection of the state; the Child Protection Institution was established in 1957 to protect orphans (Sallan Gül, 2006:269). Abandoned children who could not be looked after by their parents or who were in need of care, were protected and measures were taken in this regard (Durdu and Çımrın, 2015/1).

2.3. International Practices of Social Security

“Social security is guaranteed as a fundamental human right in the Universal Declaration of Human Rights (1948), the United Nations International Covenant on Economic, Social and Cultural Rights (1966), and the Philadelphia Declaration of the International Labor Organization (ILO) (1944). 2001b:). (Yılmaz, 2011).

The benefits of social security institutions were determined as a result of the studies carried out by the ILO. Some of these benefits are as follows:

- Social security systems prepared for children support families, especially in the field of education.
- The social security systems prepared for employees who encounter cases such as illness, occupational accident, short-term unemployment, disability and childbirth aim to prevent both employees and their families from losing income and being deprived of health services.
- Social security systems prepared for people who reach retirement age provide income security to people in these years.
- The social security system prevents negative effects on people by maintaining and improving the quality of life and social integrity. It contributes to the development of the country with a global and positive perspective (Yılmaz, 2011).

2.3.1. Recent Developments in the Social Security System

As a result of the works that started in November 2002, the five insurance branch laws were brought together equally and transformed into old age pension system in order to strengthen the institutional structuring between 2006 and 2008.

The General Health Insurance Law numbered 5502 and Social Insurances and General Health Insurance numbered 5510 were accepted in 2016 came into force in 2008; and the workers insurances, Bağ-Kur and the Retirement Fund were unified, which was a reform in this area. The retirement age was increased to 65, and the number of minimum days of insurance premium payment was increased to 7200 days for SGK employees with this general law (TR Ministry of Development, 2018).

Self-employed people and part-time employees were also entitled to be insured provided that they paid a certain insurance premium.

The right to receive incapacity benefits during the inpatient treatment of the employees within the scope of 4B was provided against the risks like occupational accidents and occupational diseases and for home services for fewer or more than ten days.

Old age is defined as a stage in which physical and mental changes are seen intensely in the later period of life as an extension of adulthood. The World Health Organization considers individuals aged 65 and over as old. With the SGK Law numbered 5510, a quality service approach was adopted. (<https://www.sgk.gov.tr>).

2.3.2. German Social Security System

The Bismarck system, which is also applied in our country was established in 1881 by Bismarck in Germany. Social insurance is a law-based system that takes into account the employee and working principles. It is the right and law of the security system that we can call the employee's own right based on the premiums he paid while working (Özdemir, 2004: 590).

Long-term insurance branches are under the responsibility and assurance of the state from generation to generation in Germany. In addition, there are optional, company-based, individual and private insurances with pension rights as subsidiary, complementary insurance branches. When we look at the system in terms of financing, we see that those who earn less than 400 euros per month do not pay any premiums. The state subsidizes the parts that are not covered by premiums. The increase in the life expectancy in the country, the decrease in the young population and the decrease in the birth rate increased the demand of the elderly population for the system (Özmen, 2017).

The demographic structure that changed with the increase in the elderly population led to a decrease in the population, and some measures were taken against it. Family policies such as 'childcare allowance' to increase fertility were developed (Saltman et al., 2004:67). The growth of GDP between 1995 and 2004 left the European Union member country behind and exposed it to a series of reform movements. The 'Agenda 2010' package made means of non-wage labor and unemployment insurance difficult (SGK, 2012:178).

2.3.3. British Social Security System

The British Beveridge Social Security System, which was established based on the Soviet Union's financial system, includes three parts. First, the British citizens being in the Social Security system; second, covering national health services; third, targeting full employment. It is a tax-financed system. It does not adopt the principle of premium very much (Özmen, 2015:126).

The Beveridge British system is a contributory social security system. Services are provided by the British National Health System (NHS) and its income is provided through taxes and premiums, though a little (Özmen, 2017).

"First laws: 1908 (old-age pension), 1911 (disability insurance), and 1925 (old-age and survivors' insurance).

Current laws: 1992 (consolidated legislation), 1995 (pensions), 1999 (welfare reform and pensions), 2000 (child support, pensions, and social security), 2002 (pension credit), 2004 (pensions), 2007 (pensions), 2009 (welfare reform), 2011 (pensions), 2014 (pensions), and 2015 (State pension regulations).

Type of program: Social insurance and social assistance system.

Social insurance: Employed persons with weekly earnings of £157 (£162 as of April 2018) to £866 (£892 as of April 2018).

Self-employed persons with income of at least £6,025 a year (£6,205 as of April 2018).

Voluntary coverage is available (basic state retirement pension and survivor benefits only).

Employment and support allowance (contributory and means-tested ESA): Employed and self-employed persons ineligible for statutory sick pay or statutory maternity pay; certain unemployed and non-employed persons (contributory ESA only).

Social Assistance: Residents of the United Kingdom." (Europe, 2018). The UK population is aging more slowly than that of other countries. The country maintains its real value in public pension payments. The linking of the "professional retirement" conditions with a fund improved the situation (Özmen, 2017). Generally speaking, the British Social Security system is a system in which the state contribution is very large." (UK, Social Security, 2018).

2.3.4. Swedish Social Security System

In Sweden, there is a union system based on high premiums. It consists of three parts. It was established in 1999. The retirement age is 65. All citizens residing in Sweden benefit from this right. Having lived in Sweden for 3 years is a partially guaranteed pension. To be eligible for full warranty terms, having lived in Sweden for 40 years is necessary (Tepekule, 2008).

Arrangements were made regarding income-based earnings under the name of public pension for employees and employers. The state determines the premium basis. It is a system consisting of voluntary and individual savings. Revenues are collected in two separate funds. It is managed by the government and national accounts are used. (Tepekule, 2008).

2.3.5. American Social Security System

"Supplemental Security Income (SSI) is a federal program funded by the U.S. Treasury general funds. The U.S. Social Security Administration (SSA) administers the program, but SSI is not paid for by Social Security taxes. SSI provides monthly payments to adults

age 65 and older who have limited income and resources, and to other adults, and children, with a disability or blindness who have limited income and resources.

The Social Security savings program is a system that meets the requirements of citizens aged 65 and more with certain disabilities who reside in a state or the District of Columbia. (Medicare Savings Program)

Social Security's Lump Sum Death Payment (LSDP) is federally funded and managed by the U.S. Social Security Administration (SSA) A surviving spouse or child may receive a special lump-sum death payment of \$255 if they meet certain requirements." (Benefits.gov, 10 December 2022).

2.3.6. Japanese Social Security System

"The origin of social security dates back to the poor law (1601) in England. An equivalent law (Jyukkyu Kisoku) was enacted in Japan in 1874. Another important origin of social security is the social insurance system introduced by Otto Bismarck in Germany in the 1870s. In Japan, the first social insurance was the health insurance system that was introduced in 1922. The pension system for workers was introduced in 1941. The Ministry of Health and Welfare was founded in 1938.

The development of universal social security began after the end of World War II. The new Constitutional Law (1947) states that all Japanese people have the right to enjoy the minimum standard of living and decent life. The Government Council on Social Security was established and in 1950 the council advised the establishment of universal social security system. A new public assistance law was enacted in 1950, following the Child Welfare Law (1947) and Welfare Law for the Handicapped (1949), before the Social Service Law (1951). In the 1960s, the social security system aimed for "from selectivism to universalism" and "from relief to prevention." The pension and health insurance systems were reformed and the new systems were implemented in 1961. Since then, the national pension and national health insurance systems cover all Japanese." (Social Security in Japan, 11 December, 2022).

3. Psychological Effects of Social Security

By nature, man is a being with physiological, security and spiritual needs. The formation of societies and the developing technology brought about the need for social security together with population and education, and affected the societies in which they lived positively or negatively according to their level of development. In the 1970s, the

harmful effects of stress were noticed, and importance was attached to psychological and physical health studies. In many studies, it has been observed that social support is very effective in preventing people's sociological and psychological problems. Family, friends and work circle in which the social identity of individuals is recognized and strengthened form the social networks in life. The definition of psychological empowerment is known as the increase in performance and effort expectations. The purpose of the work that the employee does and the value it has for him are described as meaningfulness; the idea that the person can do his job well is described as competence, and the ability of the employees to determine the job requirements and act freely is described as autonomy (Demirel, Yücel, 2017).

3.1. Positive Psychology

"Generally, the current name of the science that makes situation assessment of behaviors such as burnout, failure and helplessness related to finding happiness, well-being and way of feeling in modern life is positive psychology (Güler, 2009, from Caprara & Cervore, 2003).

Positive psychology is the study of the situations that we can call well-being contributing to the life satisfaction, development of individuals, groups and institutions (Gable & Haidt, 2005).

Positive psychology focuses on what individuals do right, not on the mistakes of human life (Güler, 2009, from Luthans et al., 2006).

Positive expectations are defined as optimism, perseverance, self-efficacy, confidence, effort, focusing on the goal, hope, resisting in order to attain success, and psychological well-being related to human development (Güler, 2009, from Luthans et al., 2007)" (Keleş, 2011).

3.2.1. Interpretations of Made by Psychological Systems (Akhism-Mawlana Jalaluddin Rumi)

Mawlana Jalaluddin Rumi explains man's relationship with the world and its resources being dependent on solid foundations. Rumi's philosophy does not accept man's falling into despair in the face of events because man is a creature created by Allah and he has a high potential. The world is a temporary place and man should not be overwhelmed by its languor (Arslan, 2015).

3.2.2. Akhism

In the centuries when the Ottoman state lived, society was under the influence of Sufism in many aspects along with non-governmental organizations that influenced business life, production, consumption and sales. The Ottoman System was a system that was supported with the laws that were valid in society and administration, as well as ways of doing business, human relations, which were also important in social and economic affairs, and the understandings of Akhism, Mawlawism and even Bektashism, which were inspired by Islamic sources. It is based on the expectations and needs of the individual (Arslan, 2015).

Akhism, which dealt with the problems of individuals outside of business life too, was a model of social cooperation that established Craftsmen's Funds and funds of solidarity and aid. Shopkeepers who were in need, people who suffered from disasters, and victimized people were helped financially and interest free loans were given to them from the monthly or weekly money donated by the shopkeepers and artisans according to their financial power.

It was a social system that was based on voluntary sharing and that was formed by people who did not aim collecting and hoarding only; it was a historical, exemplary practice that should exist today, aimed at eliminating the income imbalance and giving away to the needy (Arslan, 2015).

3.2.3. Maslow's Hierarchy of Needs

The first step of Maslow's theory of hierarchy of needs (1943) is our basic needs. They are physical needs such as food, drink, sleep and shelter. The next step is the need for security. It is the individual's need to be safe and to be away from situations where he can be harmed. The third step is human needs such as belonging, love, being respected and being loved. The fourth step is the need for achievement, appreciation, and prestige. At the top of these steps are man's self-recognition and self-actualization, what he can do with the sense of achievement and being aware of his capability (Karapınar, 2008).

According to Maslow, needs have important characteristics. For example, the need for food is the primary need in all living things. The need for love is more prominent in some living beings. However, the need for self-actualization is a need specific to the human organism. The needs of individuals are clear beginning from the moment they are born (food, water, safety, etc.), but over years, they evolve into a need for self-actualization such as love, self-respect and freedom. The type of need that is given up quickly is that the needs based on the continuity of life are at the forefront. It takes longer to meet

higher level needs, while meeting lower level needs is shorter and quicker in terms of life dependency. What is effective regarding the issue is how the environment and education shape the needs (Karapınar, 2008).

It was also revealed in Maslow's research that the self-actualizer's perception of the events in harmony with nature and the environment is more realistic. Such a person has simple and natural behaviors; he focuses on problem solving and has a strong will; he appreciates life, can remain alone and has a talent of creativity (Karapınar, 2008).

4. Research on The Effects of Social Security on Human Psychology

4.1 Purpose and Method of Research

There are things that a person must do to survive. Fundamental rights such as shelter, food and work need to be protected by the state. The issue that is emphasized here is working life and social security related to its protection. Social security is of great importance for people who are in working life, and it also includes the employee. It is a kind of systemized security system, in which the problems that may arise in working life are handled within the scope of social security and measures to protect the parties are developed. Situations with and without social security also have psychological effects on man, who is the subject of working life. This study aims to observe the historical process of the social security system starting from its essence and then its effects with examples. This qualitative study was completed as the information obtained through structured interviews was put on paper. During the study, important sources and expert opinions were used.

4.2. Psychological Effects and Interview with a Psychologist

Dr. Hüseyin KOÇ

1. Could you tell me about the positive and negative effects of the Social Security system on human psychology based on the current system?

Humans are living beings. The greatest need of individuals is the need to stay safe. In terms of security, insurance systems and banking systems are the things that have been formed so that a person will live in a more peaceful way in his future life. They have appeared as a result of man's need for feeling safe. The treatment services provided by the states within the scope of health rather than physiological needs make people feel safe. We know that the quality and diversity of the services that can be provided and not only physiological but also spiritual treatments are indispensable for our lives. We can all experience psychological problems in our lives. There are areas where we can get support regarding it.

2. What do you want to say about the social security system in Turkey?

In Turkey, there are services related to mental health in municipalities but they are more intensive in private hospitals. People need not only medication but also therapy to heal spiritually. Unfortunately, there is no state system to meet the therapy. I wish there were such a system. We know that as the laws are stretched a little more, both service providers and service recipients increase. In terms of psychologists, social service workers or volunteers, the employment rate is higher in the social security system, but it is not enough for Turkey. With this employment, more diversity is also needed.

We evaluate social security as sociologists and psychologists. However, it is necessary to launch occupational initiatives in many areas. People want to feel safe and what will ensure this safety is the country we live in and the society we live in. When starting to build something, it is necessary to start from the very basic.

It may also be beneficial to adapt the system from scratch for a healthier generation and a more self-sustaining society. First of all, it is necessary to go deep into what needs to be trained and treated. It is necessary to establish a treatment and therapy system related to mental health that can be reached by an unemployed person. In this sense, we can find the addressee of our physiological needs in terms of health and we have a social security structure that undertakes the treatment of it. We are at an important point in the world in this regard. In terms of mental health, I think this effort should be made. The employment of more mental health specialists with experience of emergency service in the state and in private hospitals will make people feel better spiritually.

3. What is the psychological dimension like in terms of social security?

People do not prefer the state institutions when there is a spiritual problem. Even if this social support exists, the employee does not prefer it. The individual refuses to let his illness be known by the institution he works for. It can cause problems, especially in the public. However, mental illness is just as important as a heart disease.

4. What kind of measures can be taken for a society in which individuals refuse to see even a psychologist?

We say, it is all about education. We label people immediately. We still use the word crazy for people who see a psychiatrist. It would be useful to support people with some more protective steps. We have to take firm steps in the social security system.

4.3. Interview with a Social Security Expert

SSI Specialist Davut Öksüz

1. Can you talk about the functioning of the Social Security System in Turkey?

First of all, while talking about the Social Security system in our country, I would like to point out that 15% of the population is outside it. When we have a look at the OECD countries, we see that this rate leaves our country behind in terms of keeping up with the developments. It is possible to say that one of them is the low participation rate of women in employment. The transition from the traditional family structure to the isolated structure along with the Covid 19 epidemic, which is another factor involving the world, affected the societies, causing decrease in production and increase in costs. The result was a large informal employment.

2. How do you consider the positive works in recent years?

Our active working young population is higher than in Europe; it affects labor force participation. The most important reason for it is that our state support women and young people. Positive supports are provided with employee incentives and grant supports given to entrepreneurs in particular. When we employ women, we see that all SSI premiums are paid by the state, that even their salaries are increased and how the state supports employers. It should not be forgotten to what extent the costs increased during the pandemic and what a difficult process the world went through. For example, our state introduced a short-time working allowance during this period. This practice was a good practice to prevent employees from being dismissed. However, not everyone benefited from this right; for example, fitness instructors, substitute teachers. It brought about a natural imbalance and hence increased the concerns about social security.

3. What are the psychological effects that you observe?

If we give a good example in this regard, when “Maslow’s hierarchy of needs” is considered, the second part of it is security. Social security is an important need. Meeting the shelter needs of people brings about the need for security. Very good steps have been taken in this regard. For example, unemployment benefits are very important. They make people feel the state security by providing a significant level of social support.

4. Well, if we look at the countries that have succeeded in becoming a social state, what do you say about the consumer societies where a decrease in their awareness of responsibility, depending on the state, and laziness occur?

There are three million unemployed people in our country. We have a health system that protects the poor and provides free social security services. We also have a social state that provides free healthcare for 0–18-year-old people. The 1961 constitution has a

state structure that is based on human rights. We can say that human rights developed more as of 1982. As the transition from the village to the city began, the need for social security began. In the first years of the Republic, land was given to landless farmers in order to provide a social state understanding in the state. Citizens felt well socially. If the culture of helping one another increases in a society, happy individuals emerge in that society. So, what do happy individuals do? They help one another. Associations and NGOs were established with the culture of cooperation. In addition, the state realized projects such as the OYAK mutual aid fund. In short, we take important steps though we do not have the full social state understanding yet. For example, we have very nice steps such as private pension; you pay one, we pay five.

Social Security does not insure people only when they live. It is also a system that insures them after death. Compared to the situation in the world, I think it is related with social ethics. An ethical, educated and good legal system is very important in the first place.

5. Conclusion & Evaluation

What makes a society a real society is the individuals who make up that society. What makes an individual a real individual is education, human development and deeds. Acting upon the understanding that what makes a person strong is working, moral and having a good psychological state, human beings have various needs due to their nature, as is explained in this study. Man is peaceful and happy to the extent that his needs are met. The duties and responsibilities of the states are indisputably to provide services to their citizens and the social responsibility related to this; similarly, the duty of the citizens is to improve themselves and to focus on education and personal-social development.

No individual can be deprived of the right to social security regardless of age, gender, race and faith. Children, women and disadvantaged groups in particular should have this right. It is necessary to raise the standard of living to enable man to live as he deserves. Globalization, technological innovations, capitalist systems, life's getting more difficult, and health expenses' getting more expensive push some groups out of the system.

Social security rights change according to the income levels of the countries. People of underdeveloped or developing countries are adversely affected by this situation. The rise in the level of education makes people conscious about social security. Poor working conditions, not being paid for the labor properly and not being offered a certain standard

of living bring about a negative view of the future, anxiety, migration, problematic personalities, unhappy, belligerent, intolerant and deteriorating social structures.

The following is stated in the book titled 'Hayata Yön Veren Öyküler (Stories That Shape Life)', compiled by Alıcı: "The most peaceful person in the world is the one who is the least selfish and who shares: A scientist trying to eradicate a terrible disease, a teacher fighting ignorance, a statesman working for peace, a lawyer fighting for rights and justice, parents who do not deprive their children of moral values...

A person who does not deviate from righteousness for his purpose finds deep happiness." (Alıcı, 2004, p. 246).

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